

## **GREENWOOD AQUATIC TEAM "GREENWOOD GATORS"**

The purpose of the Greenwood Aquatic Club (may also be hereinafter referred to as "Gators" and/or "Club") is to provide the community a full-range aquatics program from pre-competitive to national caliber swimmers based on the ideals of fun, fitness and the opportunity for each individual to reach his or her physical, intellectual, social and emotional potential. Gators runs a state-of-the-art swim program that groups its members based on age first, then ability so that the practices are taught at age-appropriate levels and swimmers are not pushed "too much too early". Proper technique and education about the sport is the foundation on which each practice group is structured. As a swimmer develops certain skills, training and conditioning are introduced and increased at levels appropriate for each individual's age and maturity.

The Gators has approximately 60-70 members divided into 3 practice groups. Gators has practices for every ability and commitment level. Gators uses the Greenwood high school pool during the school year and adds the Greenwood Park and Recreation pool for its Gold group in the summer.

### GREENWOOD AQUATIC TEAM PRACTICE GROUPS

#### BRONZE GROUP (Stroke Development Groups) (Ages 9 and UNDER)

This Group will be broken into 4 different categories to be divided into two (2) one hour practices to provide for the most attention and detail to each group.

##### Qualification:

SD-1 Swim at least 25 yards of freestyle comfortably; swim at least 25 yards of freestyle and backstroke legally; and/or Swim at least 25 yards of all four strokes.

These groups will have 3 one hour practices available per week

Emphasis: stroke technique and the basic FUNdamentals of the four competitive strokes of SD-3 and emphasizing on freestyle and backstroke as applicable to SD-1 and SD-2, with an introduction to competition and small levels of aerobic training.

#### SILVER GROUP (Ages 12 and under)

Qualification: must be able to swim a legal 100-yard IM.

Emphasis: stroke technique with further introduction into competition and training.

#### GOLD GROUP (Ages 12 and up)

##### Qualification:

Gold-1 must be able to swim a legal 100-yard IM. 12 year olds must achieve qualifying times as published by the Greenwood Aquatic Team. Gold-1 has 5 practices available per week.

Emphasis: education regarding training methodology, energy system use, and racing strategy will continue to be developed.

### REGISTRATION

Registration for the 2006-2007 Short Course Season will begin on September 5, 2006 beginning at 5:30 p.m. at the Greenwood High School pool deck. Registration packets, meet schedule, practice schedule, and other Club information will be kept on the Club's website at <http://eteamz.active.com/greenwoodgators>. Please email the Club at [greenwoodgators@yahoo.com](mailto:greenwoodgators@yahoo.com) if you need additional information.